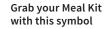


# Oyster Sauce Chicken & Vegetable Gyoza Bento with Garlic Rice, Cucumber Sesame Salad & Japanese Dressing

TASTE TOURS













Pea Pods

Cucumber





**Oyster Sauce** 

Vegetable Gyoza





Chicken Tenderloins

Leaves





Sesame Dressing





Pickled Ginger

Sesame Seeds



Prep in: 30-40 mins Ready in: 35-45 mins

veggie gyozas and fluffy garlic rice to tie it all together. Now close your eyes and let us transport you to Japan!



**Pantry items** 

# Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

#### You will need

Medium saucepan with lid  $\cdot$  Large frying pan with lid (or foil)

# Ingredients

_	2 People	4 People
olive oil*	refer to method	refer to method
butter*	20g	40g
garlic paste	1 packet	2 packets
water* (for the rice)	1¼ cups	2 ½ cups
jasmine rice	1 medium packet	1 large packet
pea pods	1 small bag	1 medium bag
cucumber	1	2
oyster sauce	1 large packet	2 large packets
brown sugar*	2 tbs	4 tbs
vegetable gyoza	1 packet	2 packets
water* (for the gyoza)	1/4 cup	½ cup
chicken tenderloins	1 small packet	2 small packets OR 1 large packet
mixed salad leaves	1 small bag	1 medium bag
sesame dressing	½ large packet	1 large packet
Japanese style dressing	1 packet	2 packets
pickled ginger	1 packet	2 packets
sesame seeds	1 medium sachet	1 large sachet
*Pantry Items		

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4508kJ (1077Cal)	<b>714kJ</b> (171Cal)
Protein (g)	54.2g	8.6g
Fat, total (g)	36.6g	5.8g
- saturated (g)	9.2g	1.5g
Carbohydrate (g)	128.7g	20.4g
- sugars (g)	26.9g	4.3g
Sodium (mg)	2094mg	331mg

The quantities provided above are averages only.

# **Allergens**

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



#### Cook the rice

- In a medium saucepan, heat the butter with a dash of olive oil over medium heat.
- Cook garlic paste until fragrant, 1-2 minutes.
  Add the water (for the rice) and a generous pinch of salt and bring to the boil.
- Add jasmine rice, stir, cover with a lid and reduce heat to low.
- Cook for 12 minutes, then remove from heat and keep covered until rice is tender and all the water is absorbed, 12 minutes.

**TIP:** The rice will finish cooking in its own steam, so don't peek!



# Get prepped

- Meanwhile, trim and roughly chop pea pods.
  Thinly slice cucumber into rounds.
- In a small bowl, combine **oyster sauce**, the **brown sugar** and a splash of **water**.



# Cook the gyozas

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- When the oil is hot, add **vegetable gyoza**, flat-side down, in a single layer.
- Cook until starting to brown, 1-2 minutes. Add the water (for the gyozas) (watch out, it may spatter!) and cover with foil or a lid.
- Cook until the water has evaporated and gyoza are tender and softened, 4-5 minutes. Transfer to a serving plate and cover to keep warm.



### Cook the chicken

- Wipe out frying pan and return to medium-high heat with a drizzle of olive oil.
- Cook chicken tenderloins until browned and cooked through, 3-4 minutes each side.
- Remove from heat and add oyster sauce mixture, tossing to coat.

TIP: Chicken is cooked through when it is no longer pink inside.



# Toss the salad

 Meanwhile, in a medium bowl, combine mixed salad leaves, cucumber, pea pods and sesame dressing. Season.



# Serve up

- Bring everything to the table. Divide garlic rice, oyster sauce chicken and cucumber sesame salad between bowls.
- Serve vegetable gyozas with Japanese style dressing and pickled ginger.
- Sprinkle sesame seeds over chicken to serve.
  Enjoy!

